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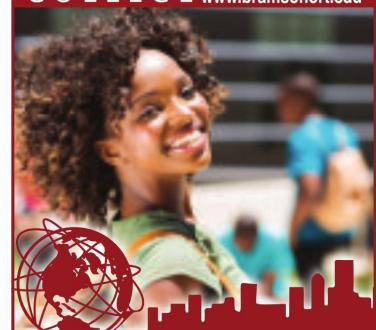
RANGERS PLUGGING ALONG

New York has its eyes set on a bigger prize. 25

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IS THIS FINALLY LEO'S YEAR?

A strange year at the Golden Globes leaves us confused. 18



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US B-52 OVER S. KOREA

1 The United States deployed a B-52 bomber on a low-level flight over its ally South Korea on Sunday, a show of force following North Korea's nuclear test last week. North Korean leader Kim Jong Un maintained that Wednesday's test was of a hydrogen bomb and said it was a self-defensive step against a U.S. threat of nuclear war. REUTERS



OBAMA GITMO PLEDGE

2 President Barack Obama will make good on a promise to close the prison in Guantanamo Bay, Cuba, his chief of staff, Denis McDonough said on "Fox News Sunday." Obama will first present a long-awaited plan to Congress about how to close the facility, and seek its approval, McDonough said in an interview. If Congress fails to act, the White House will determine what steps to take, he said. "He feels an obligation to the next president. He will fix this so that they don't have to be confronted with the same set of challenges," McDonough said. REUTERS

NEW POPE FRANCIS BOOK

3 Pope Francis calls for Roman Catholic leaders to be compassionate shepherds to a "wounded humanity," not lofty scholars quick to condemn and exclude people who don't obey Church teachings, in a new book, "The Name of God is Mercy," which breaks no new ground but is a compelling restatement of the themes of Francis' papacy. REUTERS



VIEW FROM THE RIM

7 Giannis Antetokounmpo, of the Milwaukee Bucks, goes to the basket against the Knicks' Robin Lopez on Sunday at Madison Square Garden.



ALL PHOTOS BY GETTY IMAGES

MOM CHARGED IN DEATH

4 A New Jersey mother was charged for the death of her 7-month-old girl, who died on Friday, CBS reported. Lisa Scalia, 30, allegedly rolled over her daughter on Jan. 3 while under the influence of drugs. She called 911. Emergency personnel found the baby unconscious and unresponsive. Scalia is currently in custody on charges of endangering the welfare of a child.

SAM NEWHOUSE

CORPORATE PROFITS

5 Wall Street's fourth-quarter earnings season that gets underway next week could confirm something many investors may not want to hear: The U.S. economy may be doing well but corporate profits are in a recession. An earnings recession — two quarters of declining profits — would be led by the usual suspects, energy and materials companies. But its severity may depend on consumer discretionary companies, which have been warning about profits at an unusual pace. REUTERS

QUEENS MAN CHARGED

6 A 51-year-old Queens man was in for a surprise after he allegedly attempted to meet a 14-year-old girl for sex last week but was met instead by police officers. Joseph Sylvester is facing charges of second-degree attempted rape, second-degree attempted criminal sexual act, first-degree attempted disseminating indecent material to minors and attempted endangering the welfare of a child. ANGY ALTAMIRANO



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Cuomo: 'Stop the cycle' of New York's prison system

Gov. Andrew Cuomo announced the plan to stop young people from entering the prison system but also help those already in it.

ANGY ALTAMIRANO
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A new initiative is looking to get to the root of the problem when it comes to the state's criminal justice system — putting an end to a never-ending cycle of despair.

Gov. Andrew Cuomo announced Sunday the "Right Priorities" initiative, a proposal to invest in a seven-point plan to stop young people from entering the prison system but also help those already in it.

"At one point one state has to stand up and say we have to try a different way," Cuomo said. "At one point we have to stop the cycle."

The first step of the plan starts with schools, primarily "failing public schools" in which students are not only receiving below-standard education but also aren't offered additional services. Cuomo plans to create what he calls "community schools" where students can get the support they would in a community along with a better education.

The following step is helping people find jobs. "Give them the pride and respect, the dignity of earning their own bread," the governor said. To help push this forward, Cuomo looks to allocate \$50 million to a current jobs program for at-risk youth.

When individuals find themselves in a jam, the initiative plans to invest in alternatives to incarceration — such as drug treatments or parole.

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in the prison system, the governor proposes to set forward a plan to teach skills or provide education to inmates.

According to The New York Times, Cuomo first proposed the idea of college courses for inmates in 2014 but the idea was shot down — citing that taxpayers shouldn't pay for a program for convicted felons.

However, for the current proposal, Manhattan District Attorney Cyrus Vance Jr. is expected to allocate about \$7 million to fund the college course through SUNY and CUNY and an additional \$7 million will come from private funding.

"You can tell me no, I'm accustomed to it," Cuomo said on Sunday. "I just find another way to get to it."

The final three steps include protecting younger individuals from entering state prisons with raising the age of criminal liability; reinvesting in reentry programs, to assist previously incarcerated people transition back into their communities; and finally making some juvenile criminal records — involving non-violent felonies — no longer available during background checks.

Cuomo added that he is aware those opposed to the plan will point to extra spending being the issue but he said that in the end, investing to prevent individuals from entering jail will be cheaper than paying to keep them in the jail system.

According to the governor, it costs about \$50,000 per year to keep a person in jail in New York State.

"At the end of the day, success is cheaper than failure," Cuomo said. "We are talking about relatively small investments early on to keep us from spending large amounts once the problem has manifested."



BRIEFS

Five suspects rape teen walking in a Brooklyn park with her father

Police are looking for five men who they said each took turns raping a teenager inside a Brooklyn park last week.

On Jan. 7 at 9:10 p.m., the 18-year-old victim was walking with her father inside Osborne Park near Lott Avenue and Osborne Street when the suspects approached them, cops said.

One of the suspects, who was armed with a gun, pointed the firearm at the two and told the father to leave the area. The father obeyed and then each of the five men raped the young girl, according to authorities.

The girl's father returned a short time later with two police officers and the suspects then fled the scene.

The victim was taken to Kings County Hospital

where she was treated and released.

Police released surveillance video of the suspects — who according to the New York Post range in age between 20 to 30 years old — from inside a bodega before the rape.

Police encourage anyone with information in regards to this incident to call Crime Stoppers at 1-800-577-TIPS (8477). ANGY ALTAMIRANO



NYPD

NYC to host Donut Fest

The city's top bakeries and restaurants will bring out their best doughnuts for a chance to win "Best Donut in NYC."

ANGY ALTAMIRANO
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New Yorkers are in for a sweet weekend later this month — and all for a good cause.

Bobalby & Gnocchi, a food/beverage consulting and event production company from Chicago, announced New York City will have its very first Donut Fest on Jan. 23 in Brooklyn.

The company saw success in their second annual Donut Fest in Chicago and decided to bring the delicious tradition to the Big Apple.

During the city's festival — which will be benefiting Food Bank for New York City — a selection of the top bakeries and restaurants will bring out their best doughnuts for crowds to devour. At the end, one will be chosen as the "Best Donut in NYC."

Currently, participating establishments are

Dun-Well Doughnuts, Erin McKenna's Bakery, Du Jour Bakery, Mike's Donuts, The Doughnut Project, Clementine Bakery, Glaze Donuts, Carpe Donuts, Irving Farm Coffee Roasters, Cafe Grumpy, Brooklyn Roasting Company and D'Amico Coffee Roasters. Extra vendors will be announced on the Donut Fest website as they are confirmed.

The event is slated to take place at Verboten located at 54 North 11th Street in Brooklyn and tickets are available for three different sessions.

Tickets for the first VIP session from 9:30 to 11:30 a.m. are \$50 and include early entry into the festival, tickets to taste from each of the participating vendors, three coffee tickets and a Donut Fest mug. The second session, from 11:30 a.m. to 2 p.m., and third session, from 2:30 p.m. to 5 p.m., are \$35 and include entry, tickets to taste from each of the participating vendors, plus three coffee tickets.

All of the profits from Donut Fest will be donated to Food Bank For New York City.

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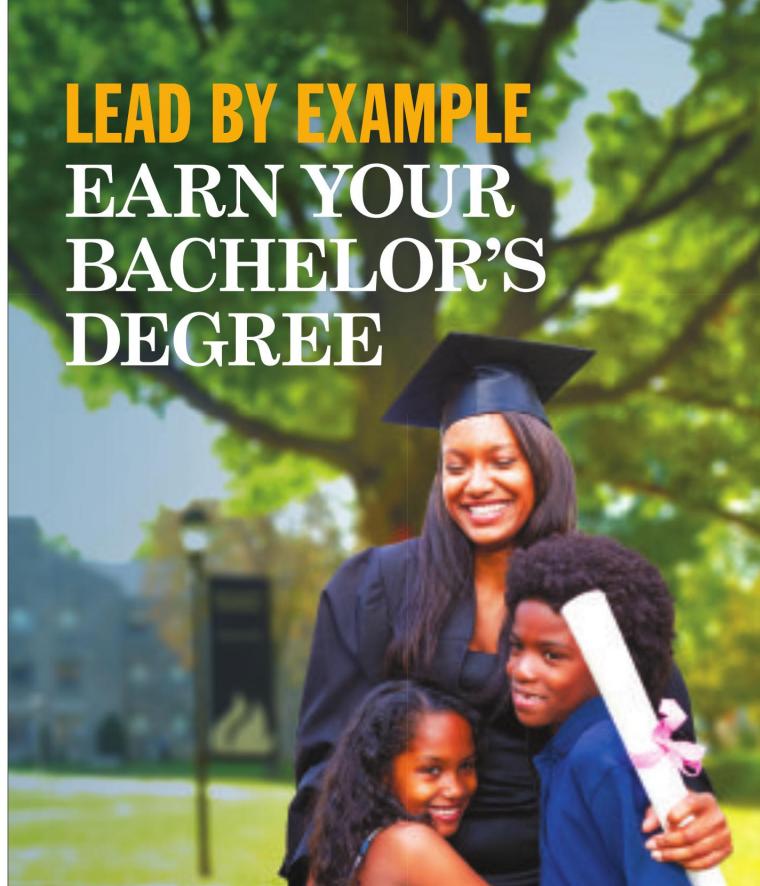
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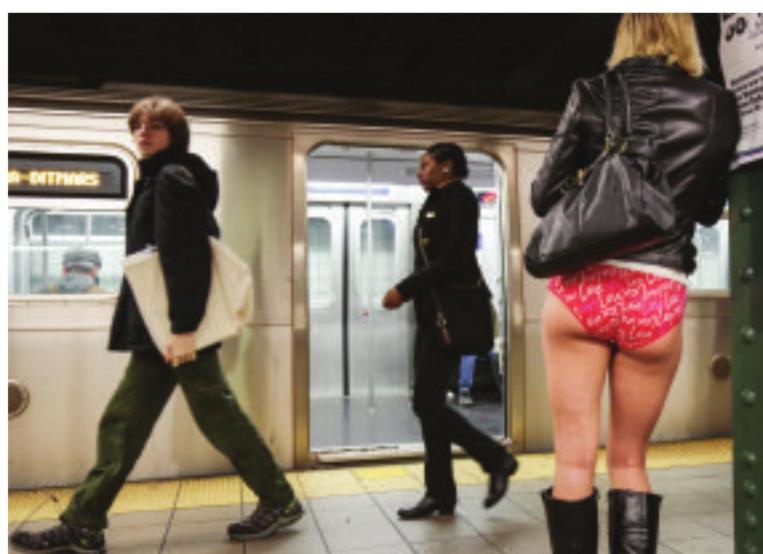
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No Pants Subway Ride NYC 2016



New York City gets cheeky on the subway – literally.

On Sunday, hundreds of New Yorkers participated in the annual No Pants Subway Ride event. The event started 15 years ago as a prank by a group of seven friends who thought it would be funny to ride the subway without wearing pants. Since then, it has become an internationally celebrated event. **MILES DIXON**



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BOLARIS' WEATHER WATCH: A WINTER SMACKDOWN

Bolaris' Weather Watch



JOHN BOLARIS
@weathersavior

The winter to date in the Northeast has been one of the mildest on record, thanks to the Godzilla El Niño that has been acting like a blowtorch and blowing moist Pacific air this way at the same time, pretty much keeping arctic intrusions north of the border.

However, if you watched Sunday's Seahawks-Vikings playoff game, you might have noticed the frozen tundra with the mercury hanging around zero.

A chunk of that arctic blast will be felt all across the Northeast on Wednesday, although it will not be as bitter, it will still feel brutally cold, as our bodies are far from acclimated to the cold this season — and, as former Pennsyl-

vania Gov. Ed Rendell posited, "We have been 'wussified."

His comments were made when the NFL decided to cancel a 2010 Vikings-Eagles game due to a pending snowstorm and move it from Sunday to Tuesday night, saying, "We have become a nation of wusses."

He went on to write his book, "The Wussification of America." Ya gotta love Ed, a charismatic, shoot-from-the-hip politician and a lovable man in person.

Anyway, after yesterday's warmth and soaking rains, with Boston picking up the brunt of the South'easter with strong winds and localized flooding, the first influx of cold air is being felt Monday as readings — after reaching record highs in some cases — come crashing down today.

All three major cities — NYC, Philly and Boston — will see the mercury in the 30s Monday along with strong, gusty



ISTOCK

winds. A few flurries can't be ruled out.

The coldest part of the week will arrive on Wednesday as a clipper, attached to a polar front, will rip through late Tuesday night into early Wednesday morning.

Arctic winds will howl on Wednesday as readings remain locked below freezing (mainly in the 20s) with wind chills in the single digits.

Out ahead of the clipper on Tuesday, we

could see a few rain showers change over to scattered snow showers or flurries by Tuesday night. The best chance of seeing any light accumulation would be in the Berkshires and the Catskills.

Attention skiers: After Sunday's slop, this week is setting up to be the best snow-making week of this winter as the snow machines will be blowing out powder all week long and into this weekend as well.

My weekly potential storm time periods to watch:

Jan. 17-18: Models continue to suggest some sort of storm development. Models have been developing a storm system in the Mississippi area at the same time a secondary one is forming off the southeast coast. Models develop a significant storm off the Carolinas. This needs to be watched as models have been erratic in placement but consistent in storm development.

Jan. 20-23: Models are suggesting strongly of coastal storm development. Two separate coastal storms, which in actuality could really be one storm as computer models are waffling. This far out, we would lean for a higher threat (but still low this far out) in the Boston-Cape Cod region.

New York City outlook: It's really strange when weather alerts for the tristate region have been in the form of severe thunderstorm warnings

(New London, Connecticut, had one issued at 11 a.m. on Sunday). Temperatures were flirting with record highs, falling just one degree shy of the record of 60 degrees — set back in 1876.

Expect a dramatic change this week as our first polar blast has arrived for your Monday, as polar wind has replaced warm, soggy conditions. Wind chills will hover around 19 degrees today. A colder air mass will arrive on Wednesday on the heels of a clipper which could produce a few snow showers and/or flurries Tuesday night into Wednesday. Daytime highs on Wednesday will remain in the 20s along with wind chills in the single digits and teens.

But the big story is whether former Giants coach Tom Coughlin winds up coaching down the pike with the Philadelphia Eagles. This would make New Yorkers even a bit more red-faced today. Good luck, Coach.

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At \$1.3B, Powerball jackpot in world record territory

The pot pushed higher when no ticket holder had the winning combination of six numbers selected during Saturday's drawing.

With Powerball's jackpot now at \$1.3 billion and likely to surge higher by Wednesday's drawing, the U.S. multi-state lottery is offering the world's richest grand prize that could go to a single ticketholder, officials said on Sunday.

"It's crazy how big this jackpot is," said Alex Traverso, a spokesman for the California Lottery, confirming that the current Powerball prize was



Powerball tickets GETTY IMAGES

record setting. "Buckle up: It's going to be a crazy ride between now and Wednesday night."

California is one of 44 states, plus Washington, D.C., and two U.S. territories, that participate in Powerball.

There is an asterisk next to the "world's largest" status of Wednesday's jackpot, however.

While the \$1.3 billion is by far the largest ever up for grabs in North

America, Spain's latest el-Gordo lottery, or "The Fat One," had a prize pool of \$2.4 billion prize. But it was awarded to thousands of ticketholders, elGordo's website said. Powerball's riches could go to a single ticketholder.

Powerball's grand prize has increased steadily for weeks after repeated drawings produced no big winners. But last week ticket purchases surged, driving up the size of the pot.

That in turn has persuaded some Americans who normally shun lotteries to join the long lines of people buying tickets at retail stores across the country. The excitement is only expected to grow ahead of the next drawing. REUTERS



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10 NEWS

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State of Union speech to draw contrast with Republican 'gloom'

White House Chief of Staff Denis McDonough said the address, which will air live at 9 p.m. on Tuesday, will be less of a laundry list of legislative plans and more of a big-picture view of America's future.

President Barack Obama will paint an optimistic picture in his final State of the Union televised address on Tuesday, drawing a contrast with Republicans running to replace him in the November 2016 presidential election, his top aide said on Sunday.

"You'll hear a big, op-

timistic, generous view of the future of America from the president on Tuesday," McDonough said in an interview on NBC's "Meet the Press," one of several he gave on Sunday.

The speech will be part nostalgic nod to Obama's history-making 2008 "hope and change" campaign which made him the first African-American president and part victory lap. The 54-year-old president will focus on the turnaround in the economy during his time in office — and try to avoid being cast as a "lame duck" unable to advance priorities as Congress prepares for his successor, who will take office in January 2017.

The president, speaking in the Capitol, will

address members of the Senate and the U.S. House of Representatives and other top officials in the government, including U.S. Supreme Court justices and the military's Joint Chiefs of Staff.

Obama's outlook is "different than some of the doom and gloom that we hear from the Republican candidates out there every day," McDonough said on ABC News' "This Week."

The State of the Union speech, which is required by the U.S. Constitution, is earlier than usual in the calendar, partly to avoid becoming overshadowed by the early primary campaign contests, which begin on Feb. 1 in Iowa.

Republicans on Sun-

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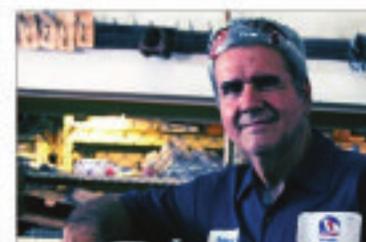
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President Obama Getty Images

day were quick to point to Obama's foreign policy shortcomings.

"I think, right now, the state of our union is a mess," Donald Trump, the national front-runner in the Republican

presidential race, said on NBC.

Republican Senate Leader Mitch McConnell said he expected Obama would "try to paint a rosy picture where one does not exist" and urged the

president to focus on a plan to defeat Islamic State militants in Iraq and Syria.

"The whole Middle East is in terrible shape," McConnell said.

REUTERS

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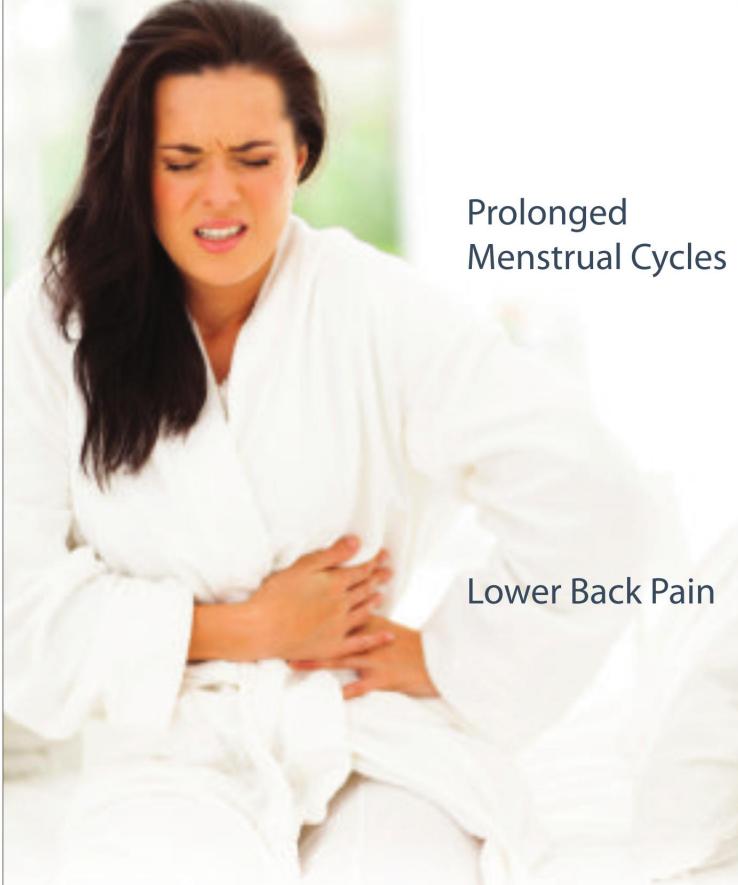
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Sean Penn meeting, silver screen dreams help Guzman's downfall

Mexico aims to extradite Guzman to the United States as soon as possible.

A secretive meeting that Hollywood star Sean Penn orchestrated with Joaquin "El Chapo" Guzman in a jungle hideout late last year helped Mexico's government catch the world's most wanted drug lord.

Guzman, the infamous boss of the Sinaloa drug cartel, was arrested in northwest Mexico on Friday morning, and sent back to the prison he broke out of in July through a mile-long tunnel that led straight into his cell.

Penn's rare access to the capo was assisted by Mexican actress Kate del Castillo. They were driven some of the way to the hideout by Guzman's son, who the Hollywood star said was waved on by soldiers when they apparently recognized him.

Another leg of the day-long trip through central Mexico to meet Guzman was on a light aircraft allegedly fitted with equipment to evade radar detection, Penn said in a story published in Rolling Stone magazine on Saturday.

Penn said in the article that he was sure the Mexican government and the U.S. Drug Enforcement Administration was tracking him.

Two senior Mexican government sources said they were indeed aware

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Photo of a notice published in newspapers offering a reward to anyone with information leading to the recapture of Joaquin Guzman GETTY IMAGES

of the October meeting and monitored his movements.

That helped lead them days later to a ranch where Guzman was staying. Mexican forces used helicopter gunships to attack Guzman's ranch during a siege that lasted days.

The kingpin narrowly escaped, with what he told Del Castillo was a minor leg injury, but the raid in the northern state of Durango was a major breakthrough in the manhunt.

Guzman was finally recaptured on Friday in the northern city of Los Mochis after a bloody action movie-like shootout. Mexican marines pursued the wily kingpin through storm drains before intercepting his getaway in a hijacked car.

Penn's seven-hour encounter with Guzman came about after Guzman became interested in making a movie of his life when he was inundated

with requests from U.S. movie studios following his 2014 capture, the film star said.

Guzman's lawyer approached Del Castillo about the possibility of making a film but the project was dropped in favor of a magazine interview, Penn said.

The encounter adds a new twist to the long and larger-than-life career of Guzman, whose nickname "Chapo" means "Shorty."

Penn unsuccessfully tried to set up a formal follow-up interview. Instead, as Mexican security forces closed in on Guzman, Penn and Del Castillo persuaded him to film a 17-minute tape answering pre-written questions, and ship them the footage.

The video clips show the drug lord in a colorful shirt and black cap at a different hideout, musing about his contribution to the narcotics trade and U.S. consumption.

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France pays tribute to 2015 terrorism victims in silent ceremony

France honored the victims of Islamist militant attacks last year in a thinly attended silent ceremony on Sunday, almost a year to the day when more than a million people marched in Paris to protest killings at the satirical magazine Charlie Hebdo.

President Francois Hollande and Paris Mayor Anne Hidalgo laid a wreath by the statue of Marianne, symbol of the French republic, in central Paris. The statue has become a shrine to the 17 victims of the January 2015 attacks on Charlie Hebdo and a Jewish deli, and to the 130 people shot dead by militants on Nov. 13 at a concert, and in bars and restaurants in Paris.

"To the victims of the terrorist attacks in January and November. ... In this place, the people of France pay their respect," read a metal plaque unveiled by Hollande and Hidalgo under a newly planted memorial oak tree on Place de la Republique in eastern Paris.

Neither Hollande or Hidalgo spoke at the ceremony, but veteran French rock star Johnny Hallyday, accompanied only by a guitar, sang a song about the march on Jan. 11 last year, which brought out the biggest crowds in Paris since the liberation of Paris from Nazi Germany in 1944.



Paris Mayor Anne Hidalgo, French President Francois Hollande and French Prime Minister Manuel Valls stand on the Republique square as wreaths are laid on the Marianne Statue during a tribute to the 2015 terrorist attack victims in Paris. GETTY IMAGES

"Paris is scarred, but we are still standing."

Hidalgo, speaking to French television after the ceremony

The French army choir sang late Belgian singer Jacques Brel's "Les Prenoms de Paris" (the First Names of Paris) and "Le temps des cerises," a song associated with the socialist Paris commune movement in 1871,

while two young actors read a speech by 19th century writer Victor Hugo.

The huge square in eastern Paris, the focal point of the January 2015 march attended by dozens of world leaders

walking arm in arm, was relatively empty during the ceremony.

Hidalgo invited Parisians to come to the square with candles and said the Marianne statue — covered with flowers, candles and pictures of the victims — will be permanently lit from now on.

Hollande, who stood stony-faced through the ceremony, later met with the families of the victims on the square.

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A flatulent Sean Penn helped bring down El Chapo

Sean Penn went to Mexico to interview notorious drug lord Joaquin "El Chapo" Guzman for Rolling Stone. This story has everything: a secluded jungle clearing, fear for the safety of his private parts, a moment where Penn lets some "minor traveler's flatulence" slip out. But the best part of the story isn't even in the interview: It turns out the notoriously humorless actor's brazen attempt at gonzo journalism actually

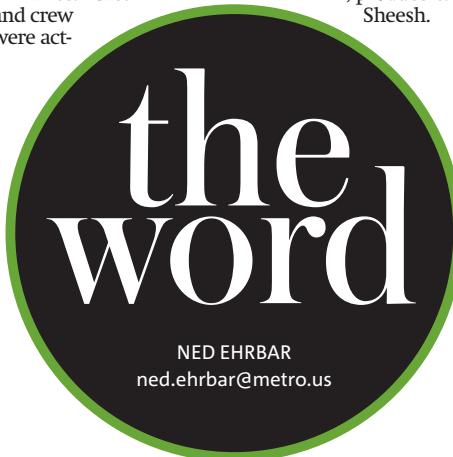
helped authorities recapture Guzman, so ... well done? But one thing is clear: Results or not, Penn has demonstrated that he's a terrible journalist. He totally makes the story about him. Never make the story about you! Then, he let his interviewee go over the finished story for approval. And he forgot to bring a pen and paper so he had to write all the answers from memory. How could you forget a pen, Sean? It's right there in your name!

The 'Absolutely Fabulous' ladies are totally method

If the behind-the-scenes stories from the upcoming "Absolutely Fabulous" movie are any indication, it's going to be a riot. Apparently the film's stars — and the crew, which is even better — were getting a little too into character while filming in the south of France. "Cast and crew were act-



ing like Patsy and Edina. There was lots and lots of partying," a source tells the Mirror. "It was getting so out of hand that producers had to remind everyone that while they didn't mind them drinking after the cameras stopped rolling, during filming was a big no-no." Way to be a buzzkill, producers. Sheesh.



Bieber's Mexican playdate ruined

Speaking of Mexico: I'm starting to think Justin Bieber's whole reformed bad boy thing isn't going to stick, because he's in familiar trouble again — namely upsetting officials in a Latin American country for misbehaving with historic landmarks. Bieber — probably the only person who put the

new "Point Break" on his best of 2015 list — got scolded in Mexico for trying to climb onto or among the ruins at the Mayan archeological site of Tulum, according to ABC News. An unnamed source from the National Institute of Anthropology and History says that Bieber and his entourage

were "asked to leave" after the incident, which should be a familiar feeling for them by now. Bieber ran into similar trouble in Brazil in 2013 when he tried to practice his mad graffiti skills on a building that was actually a historic landmark. At least now he's just trying to do parkour.



Glamour at the Globes

Hollywood's biggest stars didn't hold back on the red carpet. **TINA CHADHA**



Jennifer Lawrence



Brie Larson



Channing Tatum and Jenna Dewan Tatum



Alicia Vikander

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieve pain while you suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the country for this knee arthritis pain treatment and why waiting drastically decreases your chance to live a pain free life again

"Hey this feels terrific"

OsteoRelief Institute is a

medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.

It might even keep you from getting total knee replacement surgery. Please pay careful attention. What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.

In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something **VERY DIFFERENT** about the technology and the way we do this treatment that makes it much different.

And often gets results when many others have failed. **This is why patients come from all over the tri-state area**

"I cannot ask for better results"



"Hey this feels terrific"

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear -** many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will

I was diagnosed bone on bone about 2 years ago. I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. OsteoRelief said after looking at x-rays they could help. That procedure is so basic, so simple, so quick in 15 minutes you are in and out. I did both legs at once which is great. When I got up out of the chair I stood up and I said, "**Hey this feels terrific.**"

"I feel like a new woman - It's amazing."



"I don't have any pain any more"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three month before I made an appointment with OsteoRelief Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at OsteoRelief Institute were outstanding. I cannot ask for better results.**

After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science.

Dr. Stanley Weiner

After I had the treatments the last time

and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing:

Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get one very common complaint.

And it is: "I wish I started this treatment much sooner."

Let's be very clear about this.

Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pain and start living the life you want and deserve.

And please understand this:

One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act **RIGHT NOW**: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

That's why the experts at OsteoRelief Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment. Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time. If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at OsteoRelief Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain: Special Your Invitation

OsteoRelief Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Institute. For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

It's right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. **When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!**

"I feel like a new woman"



"I am ecstatic with the results of this procedure"



The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The mobility is indescribable. I feel like a new woman - It's amazing.**

"I Can Finally Live My Life"



Prior to the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live my life.**

SA1215Down

A Golden Globes full of surprises

The Golden Globes caught a lot of people off-guard, including the winners.



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The Hollywood Foreign Press certainly likes surprising people, if their picks for winners of the Golden Globes last night were any indication. The capricious collection of international journalists went against the grain in several categories. One thing is for sure: They definitely liked "The Revenant." Leonardo DiCaprio and director Alejandro Gonzalez Inarritu both took home awards for the stark survival epic, which also won for best drama.

The night started off with plenty of unexpected victories, including Kate Winslet winning Best Supporting Actress for her role in "Steve Jobs," beating out favor-

ites Jane Fonda and Alicia Vikander; and Maura Tierney winning on the TV side for her supporting role in "The Affair." The surprises even seems to catch the winners off-guard. "Is this really happening?" Winslet asked from the stage.

In the movie categories, Matt Damon took home Best Actor in a comedy for "The Martian," beating out "The Big Short" stars Christian Bale and Steve Carell. "It's literally been 18 years since I've been here doing this," Damon said during his speech. And Ridley Scott's film itself beat out the rest of the comedy category competition, despite complaints that it was not really a comedy.

And Sylvester Stallone stunned the crowd with a win for his reprisal of Rocky Balboa in "Creed." In his speech, he thanked his career-defining character for being "the best friend I ever had." But he failed to thank his

director, Ryan Coogler, or co-star, Michael B. Jordan. But the biggest surprise of the night was Brie Larson taking Best Actress for "Room," besting odds-on favorite Cate Blanchett. "I'm sorry to anyone I forgot, you'll get a thank you card," Larson said in a charming speech.

But the biggest surprises were on television. "Crazy Ex-Girlfriend" star Rachel Bloom beat out vets like Lily Tomlin and Julia Louis Dreyfus for Best Actress in a comedy series, and Lady Gaga took home a Globe for "American Horror Story." Amazon's little-watched "Mozart in the Jungle" won Best Comedy Series, besting "Veep," "Orange is the New Black" and "Transparent," and Best Actor in a Motion Picture, Drama Leonardo DiCaprio, "The Revenant."

At least Jon Hamm's win for the final season of "Mad Men" was ex-



Matt Damon GETTY IMAGES

pected — and incredibly welcome, and fan favorite Taraji P. Henson brought home a win for "Empire." And about the only thing

that wasn't a surprise was Jennifer Lawrence winning for "Joy," since the HFPA can't not give an award to her.

List of winners

Best Motion Picture, Drama
"The Revenant"

Best Motion Picture, Comedy
"The Martian"

Best Actress in a Motion Picture, Drama
Brie Larson, "Room"

Best Actress in a Motion Picture, Comedy
Jennifer Lawrence, "Joy"

Best Actor in a Motion Picture, Drama
Leonardo DiCaprio, "The Revenant"

Best Actor in a Motion Picture, Musical or Comedy
Matt Damon, "The Martian"

Head to metro.us for a full list of the night's winners

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Sadness and puppet sex

Charlie Kaufman talks about his stop-motion "Anomalisa" and how Internet culture is destroying us all.

 MATT PRIGGE
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Screenwriter Charlie Kaufman is smiling and joking. That's not what you'd expect if you've seen his films, like "Being John Malkovich" or "Adaptation," in which Nicolas Cage plays "Charlie Kaufman": a pudgy, depressive screenwriter fighting through writer's block. The real Kaufman is thin and prone to joking about Guy Fieri and forgotten Dustin Hoffman movies. Remember "Mr. Magorium's Wonder Emporium"? Exactly.

Still, funny isn't the same as upbeat, and he's here to talk about his

new film, "Anomalisa," a particularly sad film with puppets. It's adapted from a play first staged in 2005, consisting entirely of three actors speaking in the dark.

"I didn't want to make it as a movie," Kaufman confesses. "It was designed to be heard and not seen."

But he gave in, especially once he and his codirector, Duke Johnson, happened upon the idea to do it entirely in stop-motion animation. The story — which follows Michael, a depressed motivational speaker (voiced by David Thewlis) falling for a wallflower (Jennifer Jason Leigh) — was a hard sell, and he and Johnson had to do it independently, on the cheap. At one point, the characters get busy, similar to the very funny, very graphic puppet sex scene in "Team America." But Kaufman and Johnson play it



A behind-the-scenes image of the lead puppet character in "Anomalisa," an unrveling motivational speaker voiced by David Thewlis. PARAMOUNT PICTURES

straight.

"There's the expectation that it will be a joke. And it's not. People may be taken aback by that," Kaufman says. "A lot of people have said they're not recognizable actors, so you're not thinking about the

things you're thinking about in a scene with familiar actors: Are they uncomfortable? What's it like with the crew standing around? What's it like faking having sex with somebody? Stuff you can't help thinking about is gone."

Both Michael and Leigh's Lisa are designed as regular-looking people, not models. "If you cast two regular-looking actors, it would be all anybody would talk about: 'Oh, look at that body,'" Kaufman says. "It's just sad — it's sad to be in this culture."

Being gloomy about where humanity is going places into a Kaufman film he thinks may never get made:

'Frank or Francis,' a musical that notoriously fell apart at the last minute, despite being filled with movie stars. "Frank or Fran-

cis" dealt with Internet culture, depicting an ensemble cast of people who treat each other terribly online.

"You can say whatever you want and it's anonymous and there's no repercussions, and there's no consequences," Kaufman says.

"There's no awareness of the person you're hurting. You don't see the hurt.

You just put it out there and other people laugh and other people contribute to it. If you're a d— but it's clever, other people encourage you. It's creepy. It's a terrible, terrible road we're going down."



GETTY IMAGES



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Hilarious, trash-talking 'Teachers' heading to TV Land

Stars Kate Lambert and Katy Colloton on kids these days.



RACHEL RACZKA
rachel.raczka@metro.us

Alison Brie-produced show "Teachers" airs Jan. 13, but before it went to cable, it was a popular web series by improv group, the Katydids. The network version of the comedy is slicker, but the hilarity of juxtaposition — foul-mouthed 20- and 30-somethings in charge of elementary schoolers — still rings true.

We chatted with co-stars Kate Lambert, 34, and Katy Colloton, 33.

The series is pretty rowdy. What do you think teachers will think of the show?



The teachers on "Teachers," from left: Katy Colloton, Katie O'Brien, Kate Lambert, Caitlin Barlow, Cate Freedman and Kathryn Renée Thomas. "Teachers" premieres on TV Land on Wednesday, Jan. 13 at 11 p.m. **TV LAND**

Colloton: We hope they watch the show so they can see us doing all the things they wish they could say and do. There's something unique about being a teacher, because when you're a 20-something at work, you expect that you're going to mess up all the time, but when you're a teacher, a parent or a school board isn't going to be lenient or understanding.

And elementary school students are so different these days.

Colloton: Technology is so different than when we went to school. Like if you put something on Face-

book, you could definitely get in trouble. But the No. 1 difference to us is that kids — even the kids on the set — have an iPad or an iPhone all the time, and they're so tuned in. I felt like a grandma.

Obviously you must have had a lot of child actors on set. What was that like?

Colloton: We were lucky we had really good kids who were really professional — sometimes more than us. Some have been working for six or seven years so they have more credits than me.

Lambert: They've already got their SAG cards.

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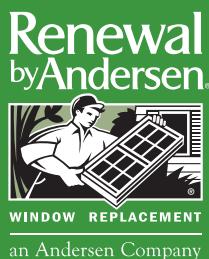
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HOW TO GET AHEAD

How to deal when you've been laid off

"Change is usually good," says one LinkedIn expert.

MEREDITH ENGEL
@MetroNewYork
letters@metro.us

Losing a job can leave you down in the dumps — or it can inspire you to finally make a much-needed change. If you've been handed the pink slip, heed this advice from LinkedIn career expert Catherine Fisher.

Before you walk out the door

Make sure you leave with your dignity intact, Fisher recommends. "How you say goodbye to people will leave a lasting impression," she cautions. And don't be shy about telling your now-former co-workers that you may reach out to them in the future. Who knows — one of them could end up helping you find your next position.

Be careful on social media

If you're bitter about the loss, don't let it show in your Facebook and Twitter posts, Fisher advises.

Network right

Don't reach out to people asking to "pick their brain." Make your intentions clear from that initial email — are you looking for advice? Insight into a particular company? Then ask what's best for their schedule — coffee? Lunch? Just a few minutes on the phone? "You want to make it easy for people," Fisher says. If you're meeting outside the office, it's nice to pick up the other person's tab. And always send a thank-you note.

Have an active presence online

Posting to LinkedIn — and commenting on others' posts — is a great way to stay top of mind, Fisher says.

Don't get discouraged

Job hunting can be a challenge, but "you've got to keep your foot on the gas pedal," Fisher says. "Keep working your network and learning about what's going on in the industry. Everyone goes through a career transition at one point or another."



Just think of that math class as a way to exercise your brain in a whole new way. iSTOCK

5 Core college classes that pay off

You may be antsy to dive right into your major, but don't roll your eyes at these required classes — they're designed to help you grow.

MEREDITH ENGEL
@MetroNewYork
letters@metro.us

While college is a time of self-discovery, there are certain courses every student can benefit from. General education requirements "give you breadth of knowledge, whereas a major gives you depth of knowledge," says Richard J. Gatteau, associate provost for academic success at Stony Brook University.

Writing

To lay the foundation for the next four years, you'll need to know how to write "even if you're an engineering major," says Paul Marchese, provost

and vice president for academic affairs at Queensborough Community College. You may not be drafting essays on Chaucer after graduation, but you'll surely be writing — even if it's just emails — once you hit the real world.

Foreign language

"The world is getting smaller," says Gatteau. You'll need to know at least a hint of another language to keep up. In addition to the practical skill set you'll develop, a foreign language "gets you outside of your psychological comfort zone" and expands your worldview, adds Marchese.

Math

Groan all you want, but math opens up your mind. "The reason why you take math is not because of the content itself, but just to teach you a different way of thinking," Marchese says.

Science

No matter the branch, learning the scientific method teaches "that there are certain laws that govern the universe, and there's a process we can follow to find out what those laws are," Marchese says. Plus, you'll develop teamwork and problem-solving skills, which will benefit you in your career, Gatteau adds.

Electives

Considering that, up until college, you've been handed your curriculum, it can be daunting to choose it on your own, Gatteau says. But if you have a hole in your schedule, look for what excites you. "It might be a drawing class, an acting class," Gatteau says. "You never know what you might discover." Marchese seconds the acting class idea — think of it as a fun way to learn communication and hone your public speaking strategies.



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THE HEAT QUICKLY SHIFTS FROM COUGHLIN TO GIANTS GM REESE

Last Tuesday, Giants co-owner John Mara said that his franchise had "lost some credibility as an organization." That was at the press conference that started as a goodbye to Tom Coughlin but eventually turned into a state of the Giants presser.

There is no doubt that the Giants have certainly struggled the last three years, having gone 7-9, 6-10 and 6-10. They have not made the playoffs in four years and they have just 19 victories the last three seasons. They have certainly gotten worse, but it was certainly stunning to watch the press conference last Tuesday morning and to see how badly Mara and GM Jerry Reese came across.

Mara put a lot of the blame for another lost season at the feet of Reese, but Reese kept his job. It shows you that Mara still believes in Reese and does not still believe that Coughlin is the right man for the job. Meanwhile, Reese was combative and ornery and took responsibility, but also said he was not the only one. He said that "everyone is involved" in personnel decisions. So if, indeed, that is the case, is Reese the GM by name only? Does anything actually stick to him as a decision maker?

Reese blamed injuries and began his portion of the press conference with the JPP fireworks accident from last July. If the Giants entire defense was based on JPP in 2015, they



were doomed from the start, even if he was completely healthy. Reese felt the Giants were not that far away after losing eight games by a combined 26 points and many of those losses in the closing seconds. Injuries and bad breaks were to blame as well, he said.

It was not one of Reese's better days. At a press conference in which a future Hall of Fame head coach is resigning, I don't think Reese should be saying, "nobody has a perfect roster, but you need to find a way to win games."

From that presser, Coughlin was the one who left you inspired and once again handled a tough situation beautifully.

Now, it was going to be very difficult for Mara and



Jerry Reese doesn't have much time left in New York if he can't return them to the playoffs next season. GETTY IMAGES

Reese to top Coughlin. But each failed quite miserably. Mara made it clear the Giants issues were more personnel related and the roster was lacking talent. But it was Reese who was coming back and not Coughlin. Mara even went so far to say that if he polled the media two years ago,

"From that presser, Coughlin was the one who left you inspired."

Marc Malusis

Reese would have been viewed as one of the top GMs in the sport. But in a results-oriented business, public or media perception does not matter.

Results are results and Reese has drafted poorly and has failed to complement the Giants roster with top quality free agent signings.

As Mara continued last Tuesday, you began to wonder how exactly it was Reese who was safe?

Coughlin is out of the building and the buffer is now gone. Just remember, Jerry. "Nobody" has a perfect roster, and "everyone" is now part of the decision-making process. Good luck.



Blair Walsh misses a 27-yarder in the closing seconds Sunday. GETTY IMAGES

NFL playoffs open in 'wild' fashion

The NFL's Wild Card weekend lived up to its name both Saturday and Sunday as all four playoff road teams captured victory. In what would wind up as a 10-9 victory for the defending NFC Champion Seahawks, the minus-4 degree temperatures in Minnesota made for some offensive shortcomings, as Seattle's entire 10-point total came in the fourth

quarter.

Leading by a single score after the Vikings posted three field goals earlier in the game, Minnesota's Blair Walsh missed a 27-yard chip shot that would have put his team ahead in the waning seconds of the game.

A long pass-interference call on Kam Chancellor and a few short gains put the Vikings in

the red zone, allowing them to drain a little clock. Victory looked inevitable before the typically-routine field goal was hooked.

Seattle's touchdown came on a Russell Wilson pass to Doug Baldwin, and the team followed it up by turning an Adrian Peterson fumble into another three points.

Also in the NFC, Green Bay will meet

Arizona on Saturday (8:15 p.m., NBC) after a 35-18 road win over the Redskins. Against Washington, the Packers played as though they were playing possum for the final month-and-a-half of the regular season. Aaron Rodgers looked like his old self as he was an efficient 21-of-36 passing for 210 yards, two TDs and zero INTs.

MATT BURKE AND EVAN MACY

Rangers focus on the big picture

The Blueshirts host the Bruins at the Garden tonight.

DENIS GORMAN
@DenisGorman
sports@metro.us

It was a few, short moments after the measuring stick game had concluded in a most painful fashion, and Rangers head coach Alain Vigneault was emphasizing positives.

The Rangers had dropped a 4-3 overtime decision to the NHL-best Capitals Saturday afternoon at the Garden, a game in which the Rangers overcame a 2-0 deficit in the third only to see Nicklas Backstrom score the tying goal with six seconds left in regulation and Alex Ovechkin pot the game-winner — his second of the game and the 499th of his career — 1:25 into overtime.

What could have been two points for the Blueshirts ended up being one. And yet, Vigneault opted to espouse a macro viewpoint instead of the micro.

"This is more about taking a step forward as a team," Vigneault said. "We battled back from a two-goal deficit against one of the best defensive teams in the league and one of the goaltenders who has made it hard on

a lot of teams. We were real close to getting it done.

"I think we took a step in the right direction."

Vigneault's words echoed those he has offered since the NHL resumed games following Christmas break. The Rangers are 2-2-1 in the five games they've played since the three-day break against Nashville, Tampa Bay, Florida, Dallas and the Capitals.

The Rangers have outscored opponents 17-16 in the five games, outshot their opponents in three games, and out-attempted opponents in four games.

In all, the Rangers have completed a five-game window in which they finished with a 293-258 advantage in total attempted shots and a 150-131 advantage in shots on goal.

As they enter a stretch which includes Monday's home date against the Bruins — the first since a Black Friday game in which Matt Beleskey's open-ice hit left Derek Stepan with two broken ribs — and road trips to Barclays Center, Philadelphia and Washington for Metropolitan Division show-downs at the Islanders, Flyers and Capitals, the team's party line is to believe they are generating positive traction for

the first time since late November.

"We are building," Henrik Lundqvist said earlier this month. "We are starting to play the Rangers hockey we need to play to have success. Hopefully we are moving in the right direction."

Still, make no mistake, organizational decision makers are acutely aware of where the team is in regards to the standings and its make-up. Following the loss to Washington, the Rangers are 22-14-5 and are in second place in the Metropolitan Division. Even though the Rangers and Islanders both have 49 points, the Rangers have two more regulation and overtime wins, and one fewer loss.

Benefiting a middling team, personnel changes could be made leading up to the Feb. 29 trade deadline. One trade has already been consummated, as Emerson Etem was dealt to Vancouver Friday for AHL winger Nicklas Jensen.

"It's clear Emerson got off to a tough start," GM Jeff Gorton said. "It goes back to training camp, really, where it didn't seem to be a fit, so, that's why at this point we just thought it was best for us to give him another spot to go to."



Rangers goaltender Henrik Lundqvist looks to block a shot by Washington's Alexander Ovechkin on Saturday. GETTY IMAGES

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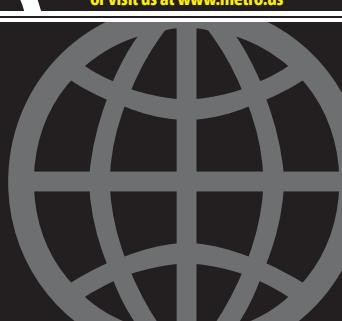


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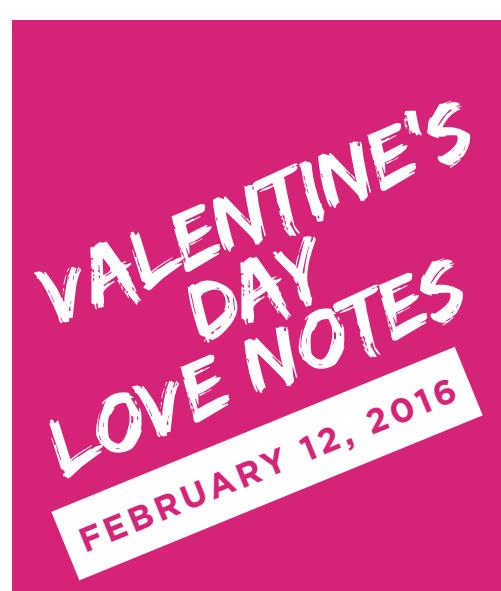
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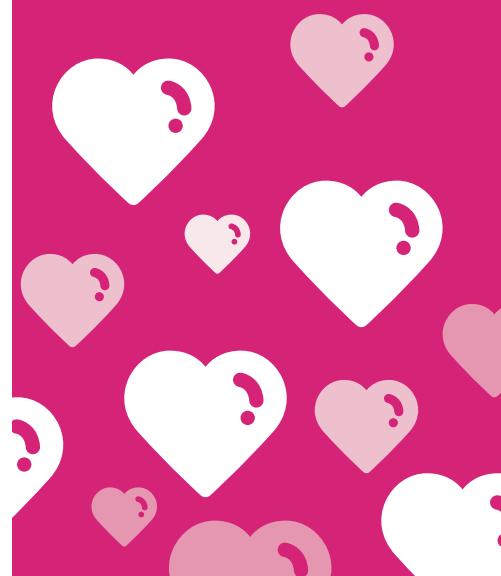
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- All organs
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- All electrical components

| | | |
|----------|------------|----------|
| Dragon | | Proud |
| Afraid | Darkness | Resistor |
| Apricot | Dodgeball | Violet |
| Spleen | Cerberus | Invoke |
| Wire | Plum | Pegasus |
| Liver | Envious | Heart |
| Blockade | Apostrophe | Diode |
| Peach | Horse | Cherry |
| Hyphen | | Comma |

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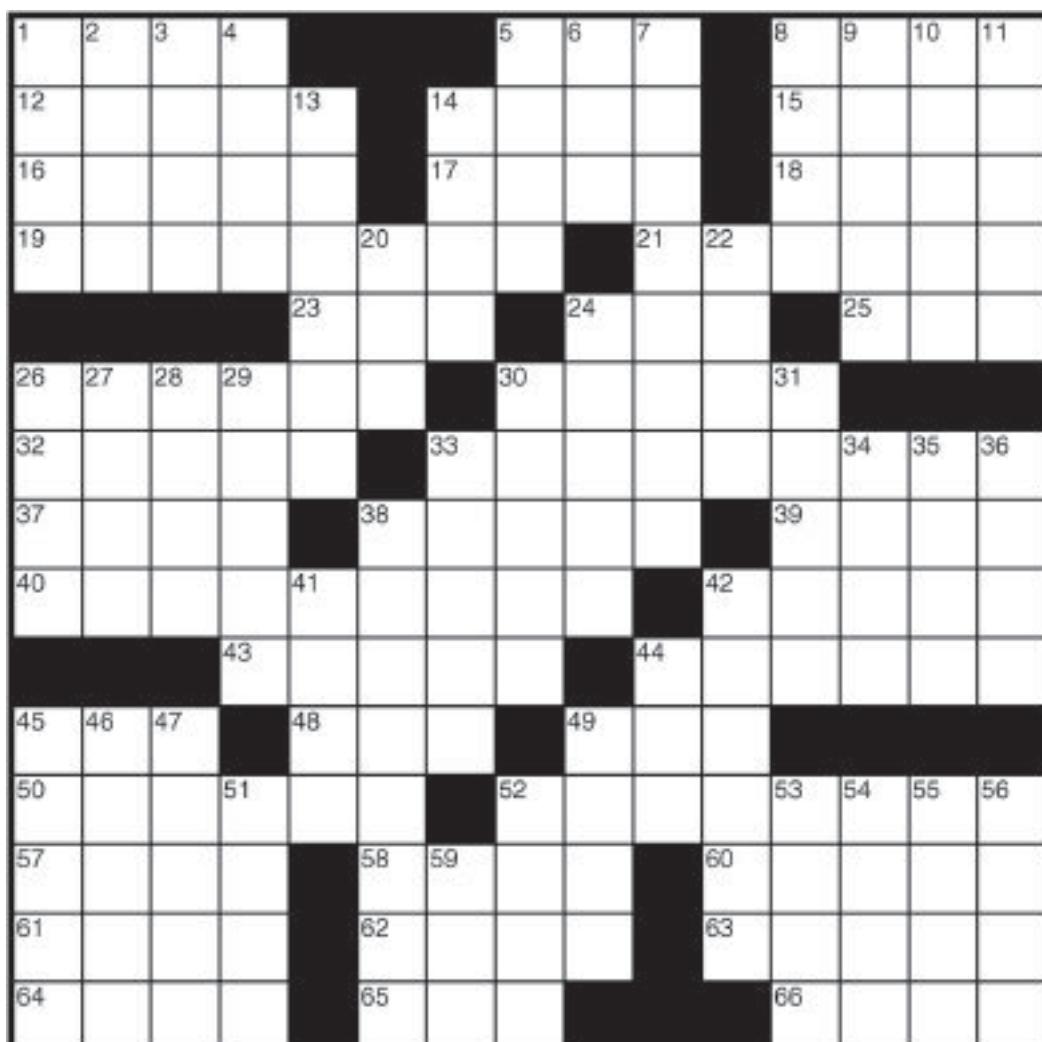
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Across

- 1 Look intently
- 5 Gem-grade coal
- 8 Peanut shell
- 12 Venus does it
- 14 Positive
- 15 Cyrus' realm, now
- 16 Yemeni neighbor
- 17 Injure
- 18 Citrus fruit
- 19 Bequeathed (2 wds.)
- 21 Moon, in poetry
- 23 Carried through on
- 24 Stamp backing
- 25 — Vegas
- 26 Hungarian wines
- 30 "Great blue" bird
- 32 Residence
- 33 K, to a chemist
- 37 Goddess sacred to joggers?
- 38 Verdi numbers
- 39 Team of oxen
- 40 Fault finder?
- 42 Sign up for
- 43 Jargon
- 44 Just —
- 45 Hail, to Caesar
- 48 Shore eagle
- 49 Wayfarer's refuge
- 50 Deli buy
- 52 Math "must"
- 57 Use a spatula
- 58 Gaelic language
- 60 Old Greek colony
- 61 River in England
- 62 Swerve
- 63 Ravi's forte
- 64 Bulrush or cattail
- 65 Ecol. watchdog
- 66 He has his pride

Down

- 1 Tigger's pal



games

metro.us/horoscopes



Aries Make education your focus. Gaining information will help you outsmart any competition you face. A celebration will bring you closer.



Taurus Your ability to handle responsibility must not lead to you taking on the burdens of others. Concentrate on your strengths and your future.



Gemini Persuasive tactics will help you get your way. Take a relationship to the next level by making plans that will show your loyalty and dedication.



Cancer If you look for something unique to do, you will open up a window of opportunity that can lead to a better position.



Leo Go with friends to a place that offers relaxation and indulgence. Invite someone you love along in order to bring you closer together.



Virgo Make networking, meetings and interviews your priority. Don't let someone's negativity stop you from going after your professional goals.



Libra An observant approach will help you decipher who is there to help or hinder you. Bring about the changes that show promise.



Scorpio Make plans to visit a friend or place that makes you feel comfortable. Look for creative solutions in order to make a difference.



Sagittarius Stay on top of every aspect of a job or responsibility. A relationship problem will develop if you let stress overcome you.



Capricorn Travel plans can be made with confidence. Mixing business with pleasure will enable you to appease personal and work partners.



Aquarius Put your priorities in order. One of your ideas will capture attention. Someone's comments will cause emotional stress.



Pisces Don't leave anything to chance or give in to manipulative tactics. If something doesn't seem right, take a pass. **EUGENIA LAST**

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easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 1 | 7 | 4 | 2 | 6 | |
| 5 | | | | | | | 9 | |
| | 2 | | 5 | | | | 3 | |
| 4 | | | | 8 | 7 | | | |
| 6 | | 3 | | 1 | | 7 | | 4 |
| | | | 2 | 4 | | | | 3 |
| | 7 | | | | 8 | | 5 | |
| 6 | | | | | | | | 2 |
| 9 | 5 | 7 | 3 | 2 | | | | |

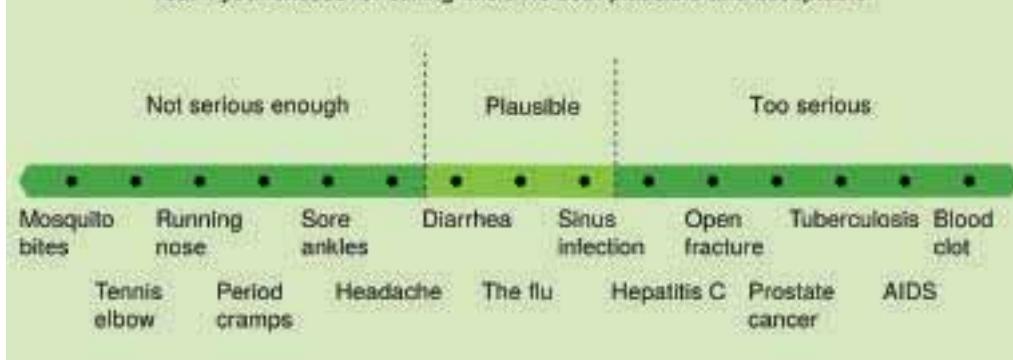
hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | 4 | | | | | | |
| | | | 4 | | 3 | 1 | | |
| 6 | 1 | 8 | 2 | | | | 4 | |
| | | | 3 | 4 | | | | 6 |
| 4 | 9 | | | 2 | | | 1 | 8 |
| 7 | | | | 1 | 8 | | | |
| | | 1 | | | 2 | 6 | 8 | 4 |
| | 9 | 5 | | | 4 | | | |
| | | | | | | 5 | 9 | |

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